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United States Department of Agriculture

What's? Cooking

USDA MIXING BOWL

Cookbook

Calcium-Rich Meals



 THE OHIO STATE UNIVERSITY

COLLEGE OF FOOD, AGRICULTURAL,
AND ENVIRONMENTAL SCIENCES
COLLEGE OF EDUCATION AND
HUMAN ECOLOGY
FAMILY AND CONSUMER SCIENCES

NOTES

A large, empty rounded rectangle with a thin blue border, intended for taking notes. The rectangle is positioned on the right side of the page, below the 'NOTES' header. It has rounded corners and a consistent blue outline.

NOTES

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Mediterranean Chicken and White Bean Salad

Ingredients

Makes: 4 servings

- 1 cup skinless cooked chicken, chopped
- 1 can 15.5 ounce low-sodium white beans (drained and rinsed with cold water)
- 1 cucumber, peeled and chopped
- 1/4 red or white onion, chopped
- 2 tablespoons olive or canola oil
- 1/4 cup lemon juice
- 1 tablespoon dried basil or parsley leaves
- 1 teaspoon salt
- 1/4 teaspoon black pepper

Directions

1. Put everything in the bowl and gently toss.
2. Serve right away, or cover and refrigerate up to 2 days.

NOTES:

- 2 (5-ounce) cans of tuna in water can be used instead of chicken.
- Chickpeas, Cannellini, Great Northern and Navy can be used.
- Add ½ cup chopped fresh tomatoes for more variety.

Nutrition Information

(per serving)

Calories	300
Total Fat	11 g
Sat. Fat	2 g
Protein	20 g
Calcium	14%

Veggie Bean Wrap

Ingredients

Makes: 4 servings

- 2 red or green bell peppers, chopped
- 1 onion, sliced
- 1 can (15 oz) black beans, drained & rinsed
- 2 mangoes, chopped
- 1 lime, juiced
- ½ cup fresh cilantro, chopped
- 1 avocado, peeled and sliced
- 4 flour tortillas, fat-free (10-inch size)

Directions

1. In a nonstick pan, sauté bell peppers and onion for 5 minutes over medium heat. (Use nonstick cooking spray if needed.)
2. Add beans and stir well. Reduce heat to low and simmer for about 5 minutes.
3. Wrap the tortillas in paper towels and warm in the microwave for about 30 seconds.
4. In a small bowl, combine mango pieces, lime juice, cilantro, and avocado slices. Reserve ½ the mixture for topping.
5. Fill warmed tortillas with ¼ of the bean mixture and ¼ of the mango mixture.
6. Fold ends of the filled tortillas over, Roll up to make wraps. Top each wrap with remaining mango mixture.

Nutrition Information

(per serving)

Calories	480
Total Fat	13 g
Sat. Fat	2.5 g
Protein	13 g
Calcium	15%

Tofu, Tomato, and Spinach Soup

Ingredients

Makes: 4 servings

- 1 teaspoon vegetable oil
- ½ cup onion, chopped
- 1 clove garlic, minced
- 6 cups water (or chicken broth)
- 1 package tofu, silken, firm or extra firm
- 2 tomatoes, chopped
- 4 cups fresh spinach leaves (or 1 10.5-oz. package frozen spinach, thawed)
- 1 Tablespoon soy sauce (reduced sodium)
- ¼ teaspoon black pepper
- ¼ cup fresh cilantro leaves (optional)

Directions

1. If using fresh spinach, wash under running water and pat dry.
2. Drain the tofu; pat dry and cut into ½-inch cubes.
3. Heat a 3-quart saucepan over medium heat; add oil and chopped onion. Cook onion until softened, but not brown. Stir in garlic and cook just until fragrant.
4. Add water (or chicken broth).

Bring to a boil. Add chopped tomatoes and tofu. Lower heat and simmer until tomatoes are soft but not mushy (this takes only a few minutes).

5. Stir in spinach, ground pepper, and cilantro. Cook just until spinach is wilted.
6. Remove from heat. Taste for seasoning. Serve hot.

Nutrition Information

(per serving)

Calories	160
Total Fat	6 g
Sat. Fat	1 g
Protein	16 g
Calcium	15%

Lentil Minestrone

Ingredients

Makes: 6 servings

- 1 tablespoon olive or canola oil
- 1 yellow onion, chopped
- 2 cloves garlic, minced
- 3 carrots (1/4-inch pieces)
- 1 celery stalk (1/4-inch pieces)
- 1 sweet potato (1/4-inch pieces)
- 1 zucchini (1/4-inch pieces)
- 2 cups canned low-sodium, diced tomatoes
- 1/2 cup lentils (brown or red)
- 8 cups water
- 1 cube low-sodium chicken bouillon
- 4 cups kale (washed, chopped into 1/4-1/2-inch pieces)

Directions

1. Put a soup pot on the stove over medium-high heat. When the pot is hot, add the oil. Add onion and garlic and cook about 7 minutes until golden.
2. Add carrots, celery, sweet potato, and zucchini and cook about 10 minutes until slightly tender.
3. Add tomatoes, lentils, water, and chicken bouillon cube and bring to a boil over high heat. Turn the heat down to low, cover and cook 40 minutes.
4. Add the kale and cook an additional 20 minutes. Serve right away or cover and refrigerate for up to 3 days.

Nutrition Information

(per serving)

Calories	170
Total Fat	3 g
Sat. Fat	0 g
Protein	8 g
Calcium	14%

Skillet Meals

Ingredients

Makes: 4 servings

- 1 package frozen spinach or broccoli (10.5 oz. size)
- 1 can (32 oz) stewed tomatoes, no salt added
- 1 cup cooked brown rice
- 1 can (15 ounces) white beans, drained & rinsed
- Black pepper (to taste)
- Oregano, basil, or hot pepper (to taste)

Directions

1. Cook rice according to package directions. Set aside.
2. In a small pan, pot, or electric skillet, steam the spinach (or broccoli) in the stewed tomatoes on medium-high heat.
3. Cook spinach (or broccoli) and tomato mixture 10-20 minutes, until they are as soft as you like them. Stir gently.
4. Add the rice, canned beans, and seasonings.
5. Cook until heated through.

Nutrition Information

(per serving)

Calories	250
Total Fat	1 g
Sat. Fat	0 g
Protein	13 g
Calcium	25%

Seared Greens

Ingredients

Makes: 6 servings

- 1 ½ pounds kale or collard greens
- 2 Tablespoons canola or olive oil
- 4 cloves garlic, chopped
- 1 cup water
- ¼ teaspoon salt
- 1 teaspoon black pepper
- 2 Tablespoons cider vinegar

Directions

1. Clean the greens thoroughly and cut stems away. Dry well and tear into salad pieces or slice across leaf into ½ size pieces.
2. In a large deep pot or skillet with a cover, sauté garlic cloves in oil.
3. Add green to the pan along with 1 cup water. Cover pan and steam for 4 minutes.
4. Uncover and stir constantly until greens shrink. Add salt and pepper and continue to stir on high until mixture is thoroughly wet.
5. Sprinkle cider vinegar on mixture. Cover.
6. Turn off heat. Let stand until ready to serve.

Nutrition Information

(per serving)

Calories	100
Total Fat	5 g
Sat. Fat	0.5 g
Protein	4 g
Calcium	15%